

Sunday
Aug 17, 1980

Dear Mom, Dad, & Mary,

Vickie just finished a letter to you so I hope you don't mind getting this one as well! I just finished recording the History of Rock & Roll, 1963 and now we are watching a concert from the Edinburgh Festival which is a world famous event every August. Oh, your last letter, mailed 17:30 P'm on Tuesday was delivered to us at 8:30 A'm on Saturday! Also, I got your letters mailed to the office. They must have been held there for some reason, but we enjoyed them just the same.

Selfridges is a giant department store just two blocks from my office. It has an enormous food section at which I shop on Thursdays after work. The fresh fish always look good to me and we have had Scottish salmon & halibut steaks. This week the prawns were very reasonable - \$4.25/lb so I brought some home.

I stir-fried them whole with plenty of garlic in the wok. Then it was a simple matter to pull the heads off and extract the juicy meat from the shell. They disappeared rapidly.

Also, I have compromised my principles to pour whole milk on my cereal. No packaged lo-fat milk is available and the powdered milk tastes like stale water. The fresh milk is delicious and we sometimes pour "double" cream on fresh fruit. We will feed everyone well when they come to visit.

Running is a necessity considering the vast quantities of food we eat. Twice a week I run at noon using the exercise room at the Embassy to change and shower. Last week a Marine who shares my office showed me a long run which I took Vickie on this morning. We cross Hyde Park, Green Park, and St James Park across from Buckingham Palace then down and across the Thames, along the South Bank from where one has

a beautiful view of Westminster Hall and Big Ben, then back across the river and home through the parks. It is about 11 miles and takes $1\frac{1}{2}$ hrs.

Well, many will be heading home soon. Hope the weather moderates by then. We like the weather here. It has been mostly dry but very changeable. Clouds, sun, showers, cold, and warmth all pass by on most days. No need for air conditioning - we just open the sliding glass door more or less.

My pictures should be in early this week. Mom, I don't think anyone would notice if you forgot to mail one or two now and then. In any case, we'll get them all together again sometime.

Everything is going well at work and I still expect to visit Italy from mid-Sept to mid-Oct.

Love,

Jim & Vickie